

# SAR Smart

## Hypothermia Demystified

Classifications of Hypothermia	Core Body Temperature	Patient's Ability to Rewarm Without External Heat Source	Clinical Presentation of Hypothermic Patient	
<b>NORMAL</b>	Above <b>95°F (35°C)</b>	N/A	Cold Sensation Shivering	
<b>MILD</b>	95-90°F (35-32°C)	Good	<b>Physical Impairment</b> <ul style="list-style-type: none"><li>- Fine motor</li><li>- Gross motor</li></ul>	<b>Mental Impairment</b> <ul style="list-style-type: none"><li>- Complex</li><li>- Simple</li></ul>
<b>MODERATE</b>	90-82°F (32-28°C)	Limited	<b>Below 90°F (32°C) shivering stops</b> <b>Below 86°F (30°C) consciousness is lost</b>	
<b>SEVERE</b>	Below <b>82°F (28°C)</b>	Unable	<ul style="list-style-type: none"><li>- Rigidity</li><li>- Vital signs reduced or absent</li></ul>	<ul style="list-style-type: none"><li>- Severe risk of mechanically stimulated ventricular fibrillation</li><li>- (VF) (rough handling)</li></ul>
	Below <b>77°F (25°C)</b>	Unable	<b>Spontaneous Ventricular Fibrillation (VF) Cardiac Arrest</b>	